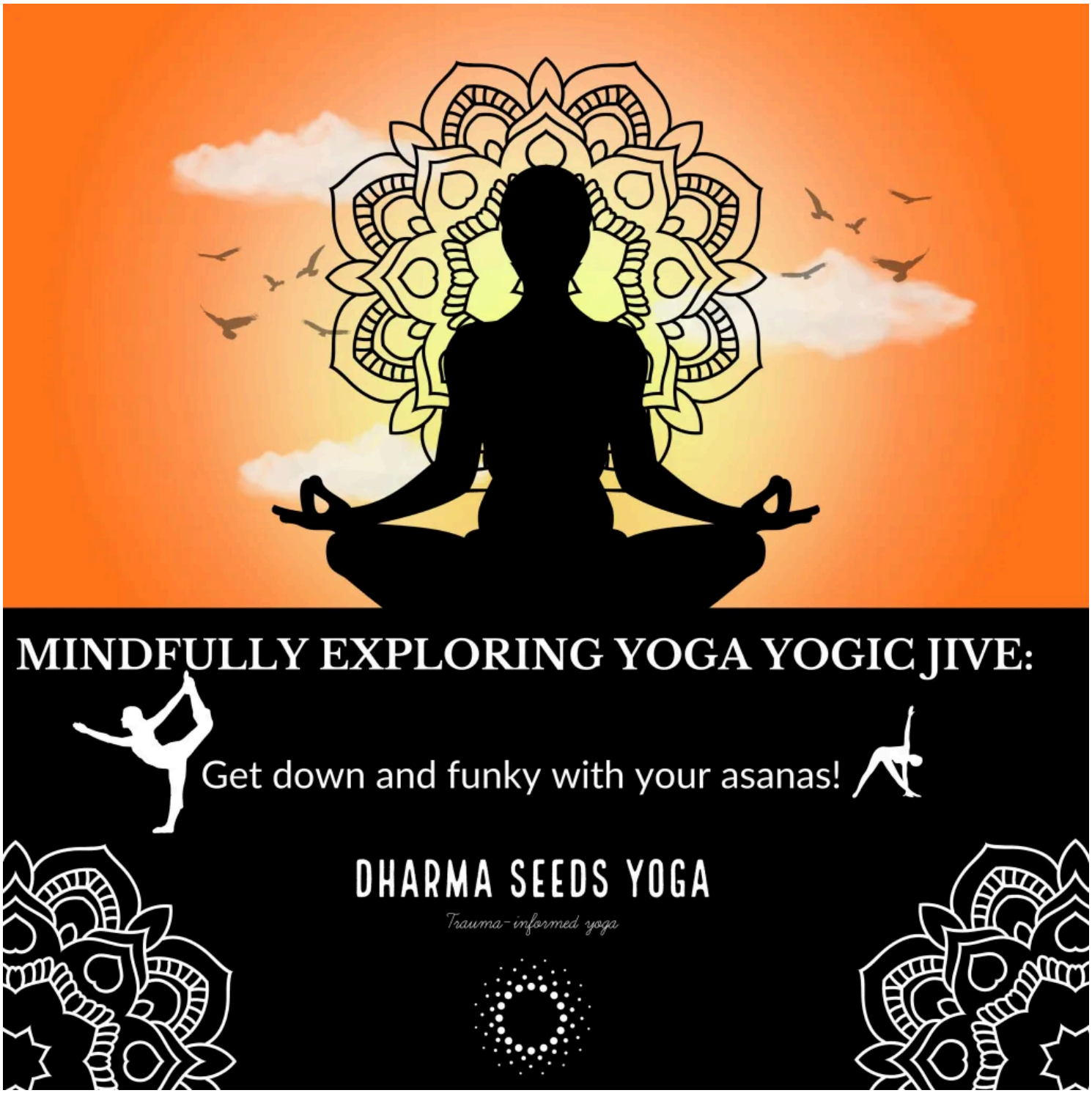


by **Deva Hardeep Singh** | ***Dharma Seeds Yoga Press*©** | 08 June 2023 |

Yogic Jive: Get down and funky with your asanas!

We've explored meditation and how it grows into mindfulness. The vines of Yoga in 2023 literally have grown to cover just about every continent. It is important to hear the story from a true Indian yogi. Why you may ask. I am part German and

Indigenous. I was raised primarily around our traditional Yuchi culture and not the German. Our tribe, the Yuchi's fought and lost against the Muscogee warriors in 1725. The Yuchi's were allowed to retain their language, culture, songs, and ceremonies. Which were very similar to the Muscogees. So I am enrolled as a Muscogee citizen, but am Yuchi.

When I see others who are not from my culture speak of us it kinda grates on me. I feel deeply that the true cultural citizens who retain the traditional ways are the ones who should be speaking.

Susanna Barkataki
HOME
ABOUT
BLOG
SPEAKING
BOOKS
More
DECOLONIZING YOGA
Yoga means union. It is a philosophy and moral worldview as well as complete liberation practice that comes from South Asia. It has been cultivated for thousands of years. The full extent of the practice deserves to be learned, honored and practiced.
Learn to Decolonize Yoga.
Get Decolonizing Yoga course including guided practices.
DECOLONIZING MINDFULNESS
Mindfulness is a practice with roots for thousands of years in Asia.
In the West, Mindfulness is often separated from its roots and used to make us better producers and consumers. However, mindfulness is so much more. It has roots and history and is a liberation practice.
Learn to Decolonize Mindfulness.
Get Decolonizing Mindfulness - Meditations and Mindfulness practice guidance.
Be Yoga Together
Let's work together to realize yoga as unity and make yoga fully inclusive and diverse.
Ignite your Yoga
- Susanna Barkataki

https://www.susannabarkataki.com/

So we are going to look at Yoga philosophy and culture. As this is where it originated. So I'll be using a lot of Indian authors and links for helpful explanations of yoga.

First, it must be said, any culture truly belongs to its citizens. We each have our own culture(s) within our family genealogical records. As I often lead when asked about Indigenous ways, "I can only speak of my tribe. Each tribe has its own ways

that may or may not be similar to mine. I speak for them, but I can speak of what my relations have told me." Our culture passes down their wisdom and ways by word of mouth or example. Traditional folks like to know you learned your ways in a traditional manner and not academically. The technology we have sometimes makes us think we are experts when we are not. Within Oklahoma, there are thirty-eight different tribes. Approximately 375 tribes throughout the United States. Each is different. My tribe does not represent nor speak for the collective tribal nations.

Part of the ethics we talked about in the previous article, is it is ethical to respect, honor, and humble yourself when speaking with another culture you never knew about. It's great to have curiosity, but acknowledge to them your awkwardness and that you don't want to offend them or their culture. Coming at new unique persons with this angle takes the edge off of their fear of being in a totally new place. That's just ethical.

A BRIEF HISTORY OF

YOGA

WWW.WILDWARRIORYOGA.COM

The history of yoga is long, complicated and interesting! Here is a much simplified version to help you understand its development through the ages. Learn more at one of our yoga teacher trainings at wild warrior yoga.

2600 - 1700 BCE
PRE-VEDIC

Time of the Indus Valley Civilization. Some believe the origins of yoga can be traced back to this time because of archeological finds of yogic looking figures.

1700-600 BCE
VEDIC

Time of The Vedas and the appearance of sanskrit. Yoga used as a word to mean the joining of horses to a chariot. Fire ritual and the priestly hierachy very important.

600-200 BCE
PRE-CLASSICAL

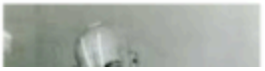
Time of the shramana movement of wandering ascetics and the rise of dharmic religions with recognizable yogic practices and philosophies such as karma, dharma and atman.

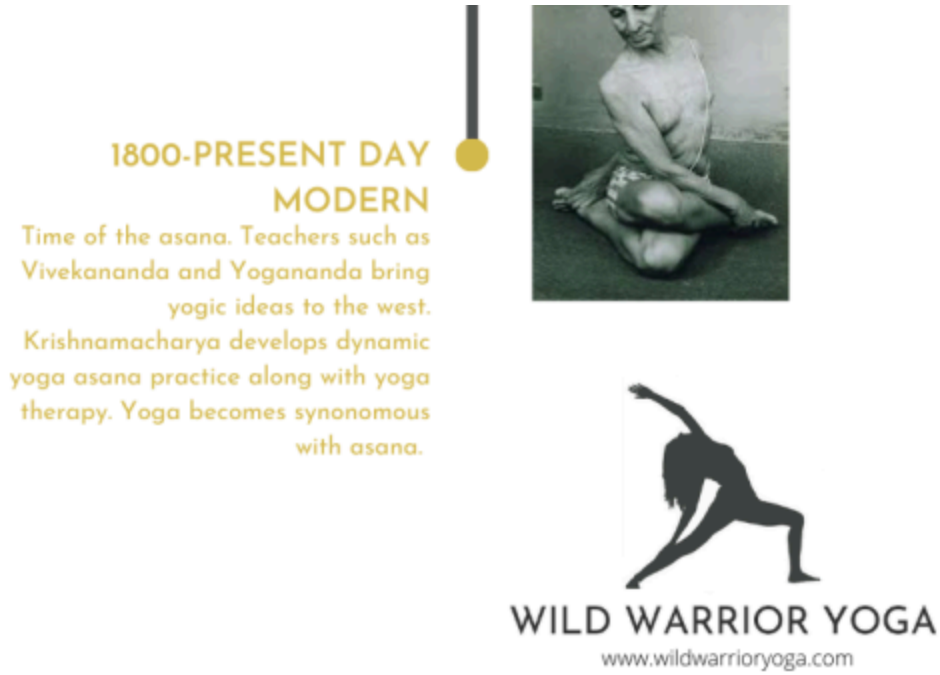
200 BCE-500 CE
CLASSICAL

Time of The Yoga Sutra by Patanjali, coherant yoga system begins to emerge, yet it is characterized by meditation not asana.

500-1800 CE
POST-CLASSICAL

Time of the development of Hatha and Tantra Yoga using the body as a vehicle for liberation. The Hatha Yoga Pradapika is written detailing asana and pranayama practices.




1800-PRESENT DAY
MODERN
Time of the asana. Teachers such as Vivekananda and Yogananda bring yogic ideas to the west. Krishnamacharya develops dynamic yoga asana practice along with yoga therapy. Yoga becomes synonomous with asana.
WILD WARRIOR YOGA
www.wildwarrioryoga.com

https://www.wildwarrioryoga.com/blog/yoga-history

The timeline of Yoga starting in India:

Pre-Classical Yoga (4500–2500 BCE)

The history of yoga can be traced back to the Indus Valley Civilization, which flourished in what is now Pakistan and northwest India from around 4500 to 2500 BCE. The people of this civilization were skilled in the arts of architecture, pottery, and jewelry-making, and they also had a sophisticated understanding of yoga.

The earliest evidence of yoga practice in the Indus Valley Civilization comes from the ruins of a city called Mohenjo-daro. Archaeologists have found seals and figurines that depict people in yoga poses, and they have also found evidence of yoga-related symbols, such as the lotus flower and the om symbol.

The yoga practiced by the people of the Indus Valley Civilization was likely a combination of physical postures, breathing exercises, and meditation. It is believed that yoga was used for both spiritual and physical benefits, such as promoting health, longevity, and spiritual enlightenment.

Classical Yoga (100 BCE–500 CE)

The next major period in the history of yoga is the Classical period, which lasted from around 100 BCE to 500 CE. This period saw the development of the yoga philosophy as we know it today.

The most important text from the Classical period is the Yoga Sutras of Patanjali. The Yoga Sutras is a collection of 196 sutras, or aphorisms, that outline the eight limbs of yoga. The eight limbs are:

1. Yama: ethical guidelines
2. Niyama: personal observances
3. Asana: physical postures
4. Pranayama: breath control
5. Pratyahara: withdrawal of the senses
6. Dharana: concentration
7. Dhyana: meditation 8. Samadhi: union with the divine

The Yoga Sutras of Patanjali is considered to be the definitive text on yoga philosophy. It has been translated into many languages and is studied by yoga practitioners all over the world.

Post-Classical Yoga (500–1300 CE)

The Post-Classical period of yoga saw the development of a number of different yoga traditions, including Hatha Yoga, Raja Yoga, and Bhakti Yoga.

Hatha Yoga is a system of yoga that focuses on physical postures and breathing exercises. It is believed that Hatha Yoga can help to improve physical health, mental clarity, and spiritual well-being.

Raja Yoga is a system of yoga that focuses on meditation and mental discipline. It is believed that Raja Yoga can help to achieve higher states of consciousness and

spiritual enlightenment.

Bhakti Yoga is a system of yoga that focuses on devotion to a higher power. It is believed that Bhakti Yoga can help to develop a deep connection with the divine.

Modern Yoga (1700–present)

The Modern period of yoga saw the spread of yoga to the West. The first Westerners to learn about yoga were missionaries and travelers who visited India in the 18th and 19th centuries.

In the early 20th century, a number of Indian yoga teachers began to travel to the West to teach yoga. These teachers included Swami Vivekananda, B.K.S. Iyengar, and Pattabhi Jois.

Yoga quickly became popular in the West, and it is now practiced by millions of people all over the world. Yoga is used for a variety of purposes, including improving physical health, reducing stress, and promoting spiritual well-being.

Conclusion

Yoga is a rich and complex tradition that has been practiced for thousands of years. It has evolved over time, but its core principles have remained the same. **Yoga is a practice that can help us to improve our physical, mental, and spiritual health**. It is a practice that can help us to live more balanced and fulfilling lives.

The original method of receiving teaching was to go out into the forrest looking for aestetics who live in solitude. They held the knowledge. The onset of ships, trains, airplanes, yogi’s and yoga instruction began to leave India. By today there are so many teachers (yogis) and most are not of Indian descent. So I feel it’s my responsibility to teach yoga philsophy from other Indian yogis.

Pantanjali's yoga aphorisms and how it relates to Yoga:

Introduction

The Yoga Sutras of Patanjali is a collection of 196 aphorisms, or sutras, that outline the eight limbs of yoga. The eight limbs are:

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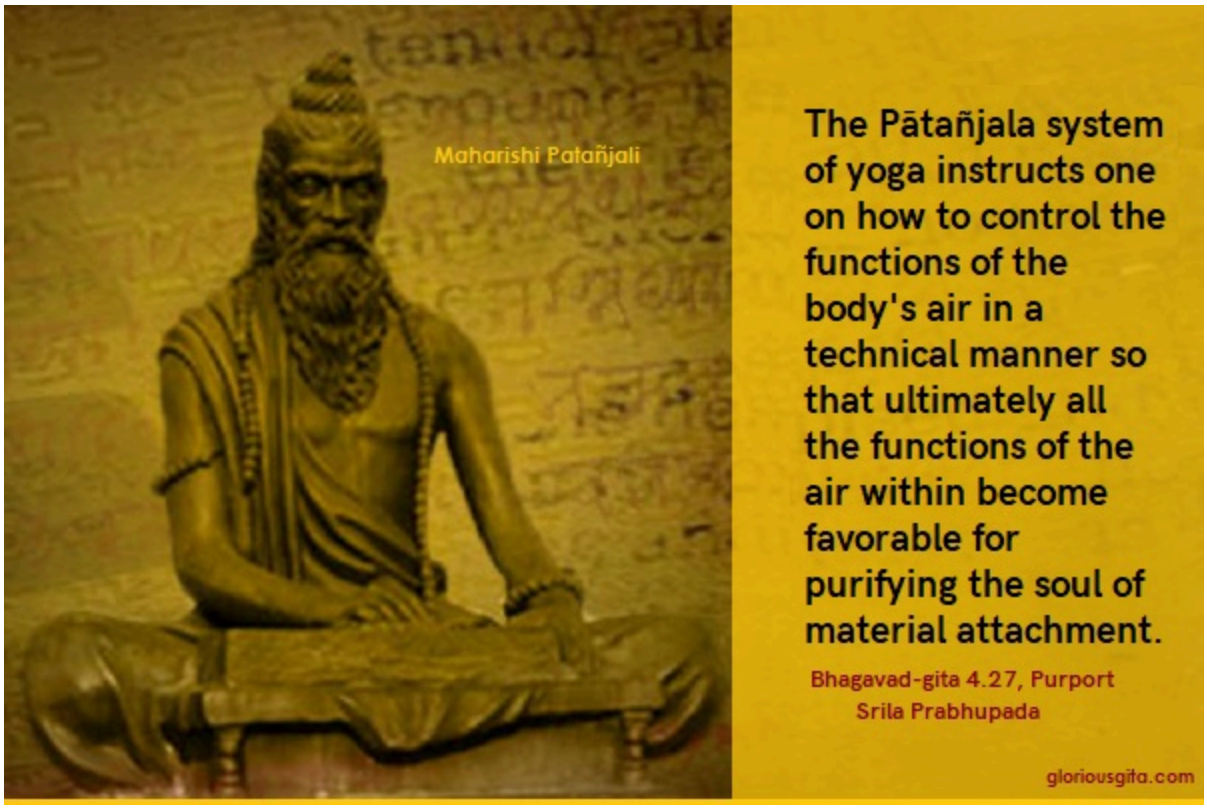

Maharishi Patañjali
The Pātañjala system of yoga instructs one on how to control the functions of the body's air in a technical manner so that ultimately all the functions of the air within become favorable for purifying the soul of material attachment.
Bhagavad-gita 4.27, Purport
Srila Prabhupada
gloriousgita.com

Pantanjali's Yoga Aphorisms

The Pantanjali's yoga aphorisms are a series of statements that outline the principles of yoga. These aphorisms are often used as a guide for yoga practice.

Some of the key aphorisms from the Yoga Sutras include:

- "Yoga is the cessation of the fluctuations of the mind."
- "The practice of asana should be steady and comfortable."
- "Pranayama is the control of the breath."
- "Pratyahara is the withdrawal of the senses from their objects."
- "Dharana is the concentration of the mind on a single object."
- "Dhyana is the meditation on a single object."
- "Samadhi is the union of the individual consciousness with the universal consciousness."

A good guide to utelize is **here**.

How Pantanjali's Yoga Aphorisms Relates to Yoga

The Pantanjali's yoga aphorisms are a valuable guide for yoga practice. They can help us to understand the purpose of yoga and the benefits that it can offer.

The aphorisms also provide us with a framework for our practice. They can help us to develop a balanced and systematic approach to yoga.

By following the Pantanjali's yoga aphorisms, we can begin to experience the many benefits that yoga has to offer. We can improve our physical health, mental clarity, and spiritual well-being.

Conclusion

The Pantanjali's yoga aphorisms are a valuable resource for anyone who is interested in learning more about yoga. They can help us to understand the purpose of yoga, the benefits that it can offer, and how to develop a balanced and systematic approach to practice.

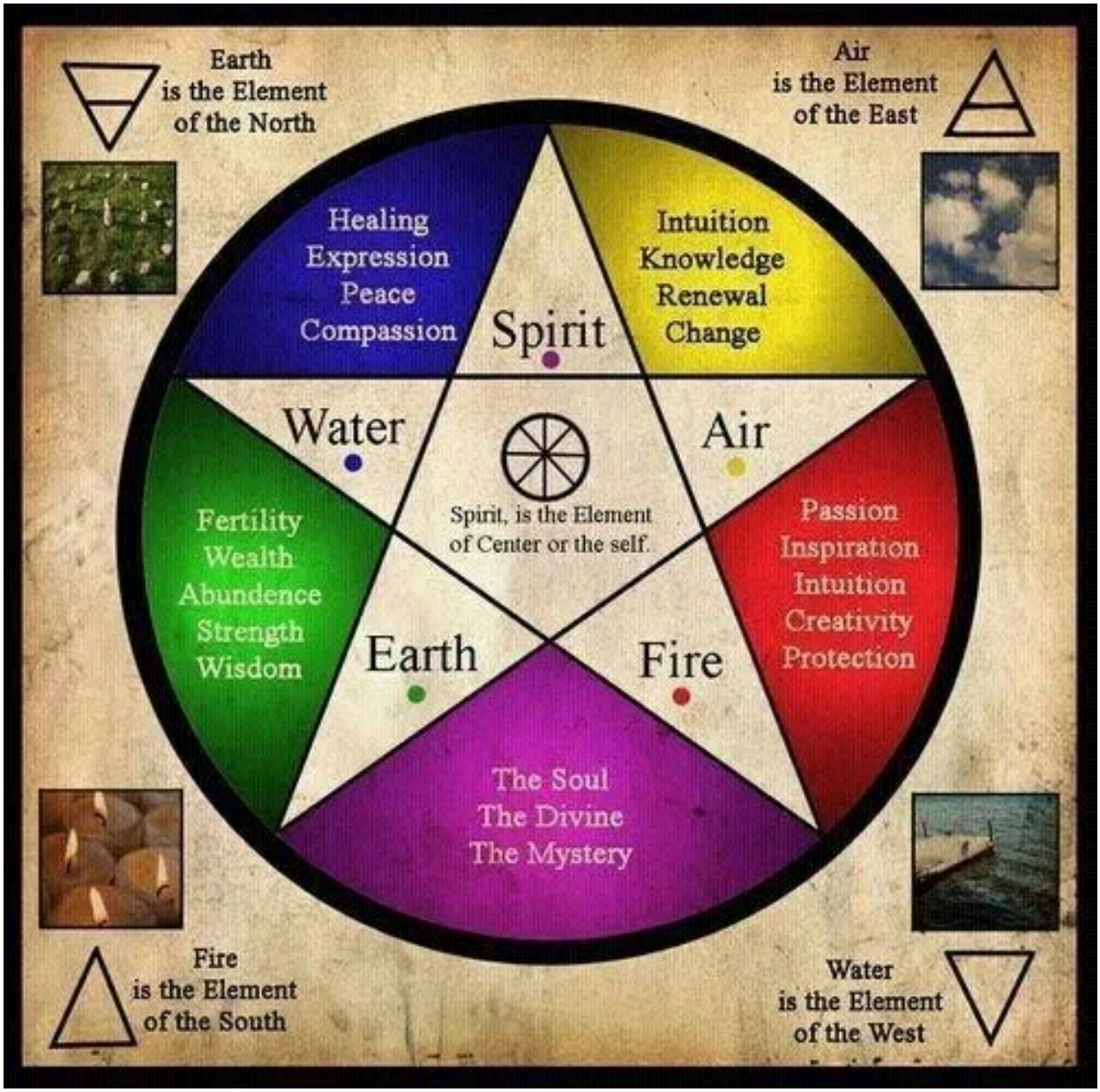
I hope this essay has given you a better understanding of the Pantanjali's yoga aphorisms and how they relate to yoga. If you are interested in learning more about yoga, I encourage you to find a qualified yoga teacher and begin practicing today.

Additional Information

Here are some additional information about the Pantanjali's yoga aphorisms:

- The Yoga Sutras was written in Sanskrit, and it is not a straightforward text. It is often interpreted in different ways by different people.

- There are many different schools of yoga, and each school has its own interpretation of the Yoga Sutras.
- The Pantanjali's yoga aphorisms are a complex and sophisticated text, and they can be studied for a lifetime.



The 5 tattvas are the five fundamental elements of existence in the Hindu and yogic tradition. They are:

1. Akasha (ether)
2. Vayu (air)
3. Tejas (fire)
4. Apas (water)
5. Prithvi (earth)

These five elements are the building blocks of everything in the universe, including our bodies and minds. They are also the source of our thoughts, emotions, and actions.

The tattvas are not physical objects, but rather they are subtle energies that are present in all things. They are the underlying principles that govern the universe and our lives.

The tattvas can be explored through a variety of practices, including yoga, meditation, and chanting. By understanding the tattvas, we can gain a deeper understanding of ourselves and the world around us.

Here is a more detailed explanation of each of the 5 tattvas:

Akasha (ether)

Akasha is the first tattva, and it is the element of space. It is the subtlest of all the elements, and it is the source of all sound and vibration. Akasha is the foundation of all creation, and it is the ground of all being.

Vayu (air)

Vayu is the second tattva, and it is the element of air. It is the source of all movement and change. Vayu is the breath of life, and it is the force that animates all things.

Tejas (fire)

Tejas is the third tattva, and it is the element of fire. It is the source of all light and heat. Tejas is the power of transformation, and it is the force that drives evolution.

Apas (water)

Apas is the fourth tattva, and it is the element of water. It is the source of all growth and nourishment. Apas is the fluid of life, and it is the force that binds all things together.

Prithvi (earth)

Prithvi is the fifth and final tattva, and it is the element of earth. It is the source of all solidity and stability. Prithvi is the ground of being, and it is the force that grounds us in the present moment.

The 5 tattvas are all interconnected, and they work together to create the universe and our lives. By understanding the tattvas, we can gain a deeper understanding of ourselves and the world around us.

Yoga is a powerful practice that can help us to explore the tattvas. Through yoga, we can learn to control our breath, our thoughts, and our bodies. This can help us to bring balance and harmony to our lives.

Meditation is another powerful practice that can help us to explore the tattvas. Through meditation, we can quiet our minds and connect with the deeper truths of our existence.

Chanting is a third practice that can help us to explore the tattvas. Through chanting, we can vibrate the sounds of the tattvas and bring them into our bodies and minds.

By exploring the tattvas through yoga, meditation, and chanting, we can gain a deeper understanding of ourselves and the world around us. We can also gain the

tools we need to live more balanced, harmonious, and fulfilling lives.

I hope this explanation of the 5 tattvas has been helpful. If you are interested in learning more about the tattvas, I encourage you to do some further research. There are many great resources available online and in libraries.

What are Asanas?

Asanas are the physical postures of yoga. They are designed to stretch and strengthen the body, improve balance and flexibility, and promote relaxation. Asanas are often done in a sequence, or flow, that helps to create a sense of harmony and well-being.

The History of Asanas

The history of asanas is long and complex. The earliest evidence of yoga practice dates back to the Indus Valley Civilization, which flourished in what is now Pakistan and northwest India from around 4500 to 2500 BCE. However, it is not clear when asanas first became a part of yoga practice.

The first written mention of asanas appears in the Yoga Sutras of Patanjali, a Sanskrit text that is considered to be the foundational text of yoga. The Yoga Sutras describes asanas as “steady and comfortable” postures that are used to prepare the body for meditation.

Over time, asanas became more and more complex. In the 19th century, B.K.S. Iyengar developed a system of asanas that is still used today. Iyengar’s system is based on the principles of alignment, precision, and breath awareness.

The Benefits of Asanas

Asanas offer a wide range of benefits, including:

- Improved physical health: Asanas can help to improve flexibility, strength, balance, and endurance. They can also help to reduce pain and improve circulation.
- Improved mental health: Asanas can help to reduce stress, anxiety, and depression. They can also help to improve sleep and concentration.
- Improved spiritual well-being: Asanas can help to promote a sense of peace, calm, and well-being. They can also help to connect you with your breath and your body.

How to Practice Asanas

If you are new to yoga, it is important to start slowly and gradually increase the difficulty of the poses as you become more comfortable. It is also important to listen to your body and never push yourself beyond your limits.

Here are some tips for practicing asanas:

- Find a qualified yoga instructor who can help you learn the poses safely and correctly.
- Wear comfortable clothing that allows you to move freely.
- Bring a yoga mat and a water bottle to class.
- Arrive early to class so that you can warm up and prepare for the practice.
- Listen to your body and modify any poses that are too challenging.
- Take breaks when you need them.
- Enjoy the practice!

Conclusion

Asanas are a valuable part of yoga practice. They offer a wide range of benefits, including improved physical, mental, and spiritual health. If you are new to yoga, it is important to start slowly and gradually increase the difficulty of the poses as you

become more comfortable. It is also important to listen to your body and never push yourself beyond your limits. With regular practice, you can reap the many benefits that asanas have to offer.

Pre-Caution

While engaging in any **yoga activities, always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

> **Always listen to your body and modify poses as needed.** Also review on our ***website***, our guidance on using Yoga for mental health purposes.

Yoga

Here are 5 poses of Mindfully Exploring Yoga (Yogic Jive):

- **Warrior Pose (Virabhadrasana)**: This pose is a great way to build strength and balance. To do Warrior Pose, stand with your feet hip-width apart and step forward with one leg. Bend your front knee until it is at a 90-degree angle and your back leg is straight. Extend your arms out to the sides and gaze forward.

https://www.ekhartyoga.com/resources/yoga-poses/warrior-1-pose

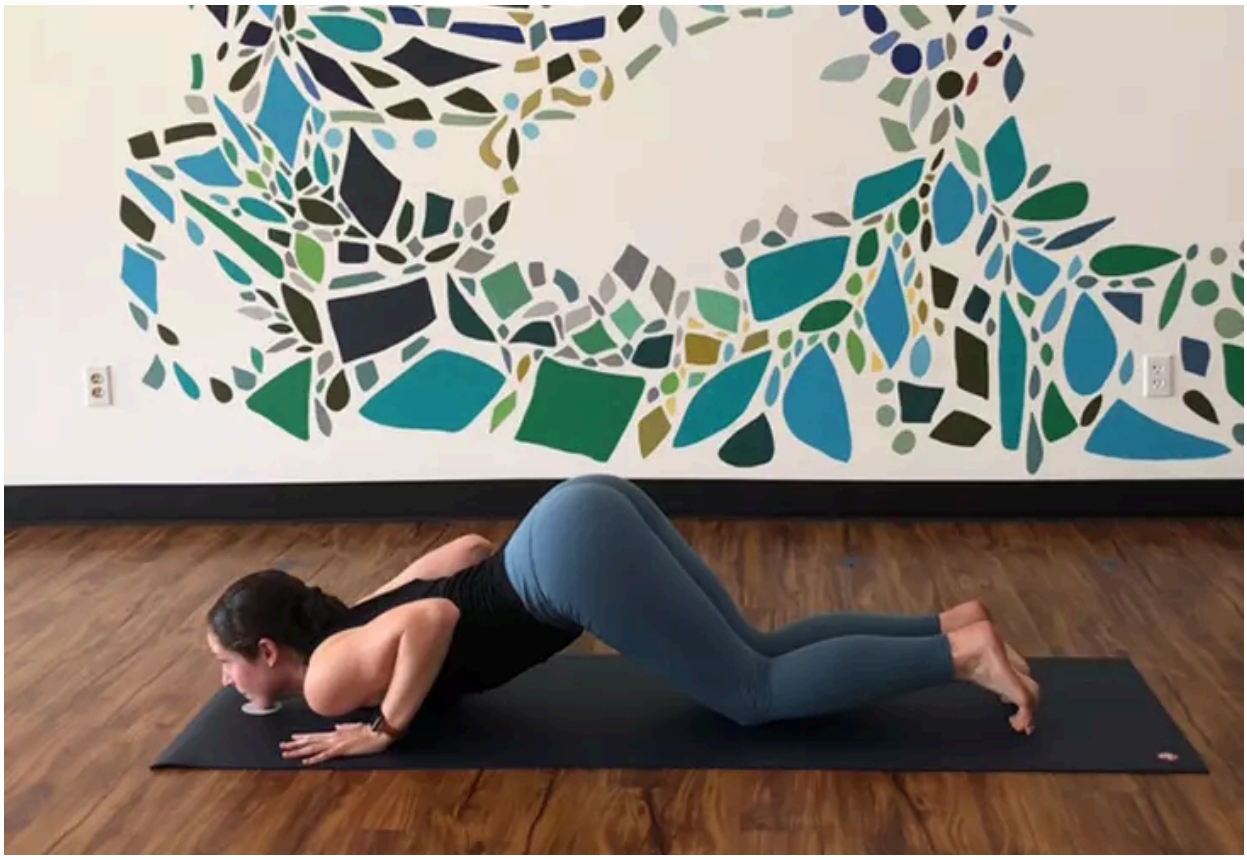
- **Downward-Facing Dog (Adho Mukha Svanasana)**: This pose is a great way to stretch the back and hamstrings. To do Downward-Facing Dog, start on your hands and knees. Then, straighten your legs behind you and lift your hips up towards the ceiling. Make sure your back is straight and your heels are reaching towards the ground.

https://www.ekhartyoga.com/resources/yoga-poses/downward-facing-dog-pose

Modified Downward Dog | Legs

- **Plank Pose (Chaturanga Dandasana)**: This pose is a great way to work your core. To do Plank Pose, start in Downward-Facing Dog. Then, lower your forearms to the ground so that your body forms a straight line from your head to your heels. Keep your back straight and your core engaged.

https://www.verywellfit.com/chaturanga-tips-for-your-shoulders-4065405



Modified Chaturanga Dandasan **5 other modifications**

- **Triangle Pose (Trikonasana)**: This pose is a great way to stretch the sides of the body. To do Triangle Pose, stand with your feet hip-width apart. Step to the side with one leg and bend your front knee until it is at a 90-degree angle. Extend your back arm straight up towards the ceiling and reach your

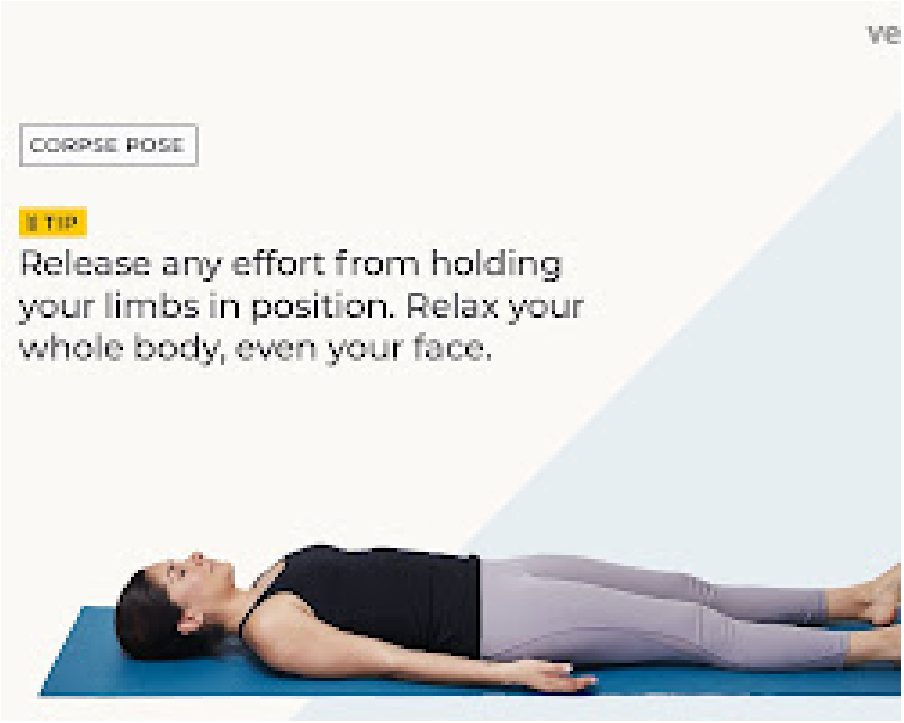
front arm down towards the ground. Rotate your torso so that your chest is facing the ceiling.

https://www.ekhartyoga.com/resources/yoga-poses/extended-triangle-pose

VARIATIONS OF TRIKONASANA OR TRIANGLE POSE
PARIVRITTA TRIKONASANA (REVOLVED TRIANGLE POSE)
ADVANCED BADDHA TRIKONASANA (BOUND TRIANGLE POSE)
BADDHA PARIVRITTA TRIKONASANA (BOUND REVOLVED TRIANGLE POSE)
SUPTA TRIKONASANA (RECLINING TRIANGLE POSE)
SUPTA PARIVRITTA TRIKONASANA (RECLINING REVOLVED TRIANGLE POSE

Modified Trikon Asana poses

- **Corpse Pose (Savasana)**: This pose is a great way to relax and de-stress. To do Corpse Pose, lie on your back with your legs extended and your arms at your sides. Close your eyes and relax your body. Allow your breath to flow naturally.



https://www.verywellfit.com/corpse-pose-savasana-3567112

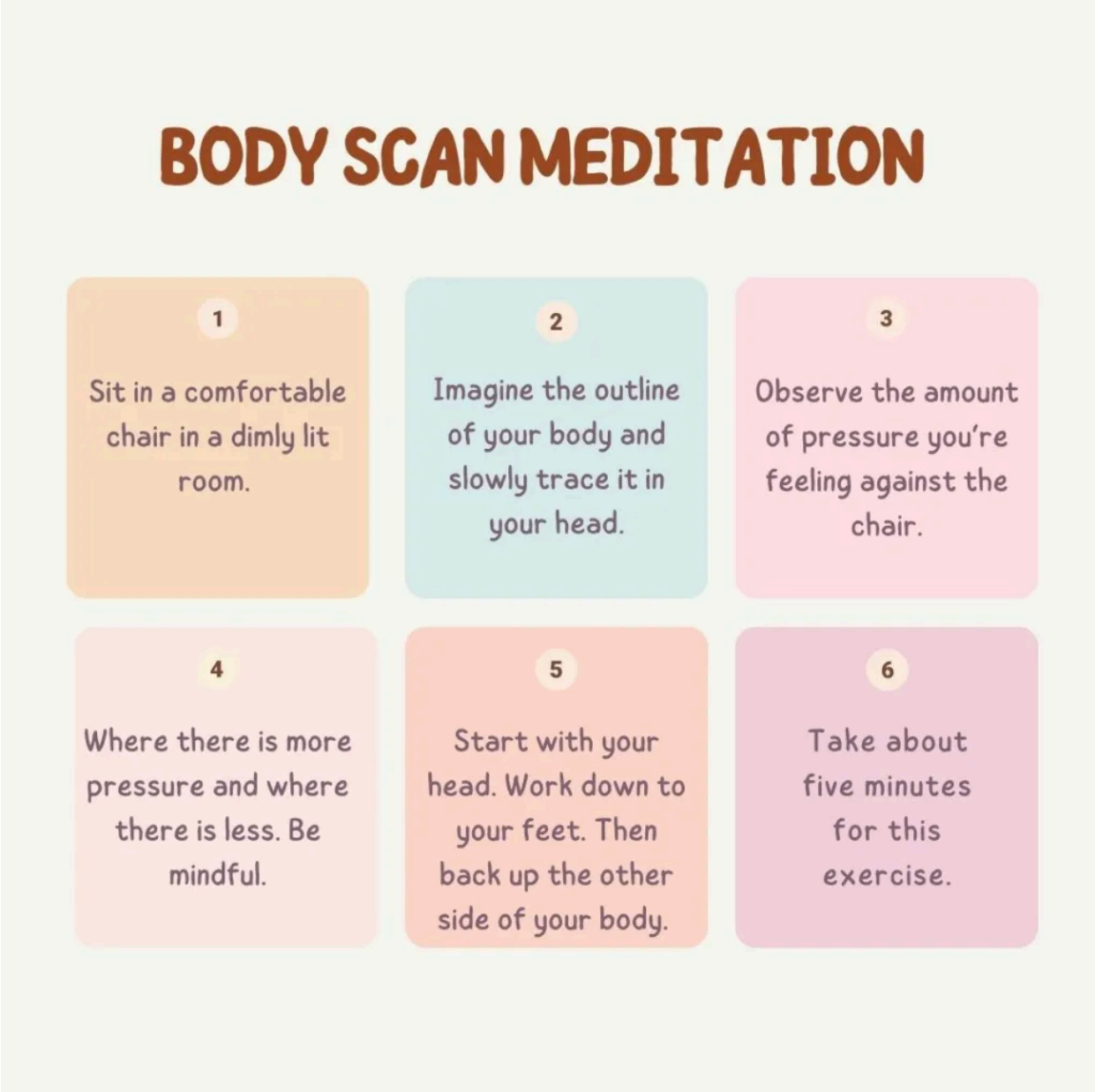
Corpse Pose modified

These are just a few of the many poses that you can do as part of a Mindfully Exploring Yoga (Yogic Jive) practice. Be sure to listen to your body and modify any poses that are too challenging.

Resources

- 132 Yoga definitions **https://yogajala.com/yoga-terms-library/**
- 12 Laws Of Karma **https://yogajala.com/12-laws-of-karma/**
- Dhyana: Exploring The Seventh Limb & Meditation As A Practice Of Wholeness **https://yogajala.com/dhyana/**
- 8 Limbs of Yoga **https://yogajala.com/the-8-limbs-of-yoga-an-essential-guide/**
- Understanding The 5 Kleshas **https://yogajala.com/the-5-kleshas/**
- Koshas ~ Understanding the 5 sheaths of conciousness: **https://yogajala.com/koshas-yoga/**

- Susanna Barkataki **https://www.susannabarkataki.com/**
- Yoga Philosophy **https://www.yogaphilosophy.com/**

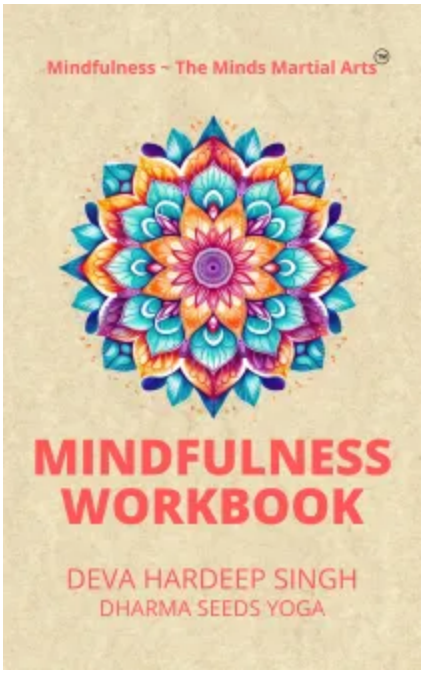

BODY SCAN MEDITATION
1
Sit in a comfortable chair in a dimly lit room.
2
Imagine the outline of your body and slowly trace it in your head.
3
Observe the amount of pressure you're feeling against the chair.
4
Where there is more pressure and where there is less. Be mindful.
5
Start with your head. Work down to your feet. Then back up the other side of your body.
6
Take about five minutes for this exercise.

- **PTSD resources**
- **The National Center for PTSD: https://www.ptsd.va.gov/**
- **The Rape, Abuse & Incest National Network (RAINN): https://www.rainn.org/**
- **The National Alliance on Mental Illness (NAMI): https://www.nami.org/**
- **The American Psychological Association: https://www.apa.org/**
- **Prison Yoga Project – 200hr Yoga Teachgers Training: https://community.prisonyoga.org/courses/yoga-social-**

justice-and-leadership-a-200-hour-yoga-teacher-training/

You can also find a therapist in your area by visiting the Psychology Today therapist directory: **https://www.psychologytoday.com/us/therapists**

Buy Dharma Seeds Yoga Press new book



Coming in July 2023

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.The Mind's Martial Arts™ is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.

- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts™ is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.Mindfulness is a skill that can be learned and practiced.Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness

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Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice

focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

Find Deva on World Yoga Federation

dharmaseedsyoga June 8, 2023

Accessible Yoga, Asanas, Hatha Yoga, Health & Wellness, Meditation, Mental Health, Raja Yoga, Research, World Yoga Federaton, Yoga Philosophy

Accessible Yoga, Dharma Seeds Yoga, Health & Wellness, Meditation, World Yoga Federation, Yoga Philosophy